

































Albany, NY - Mar 1990

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Thu	6:42	5.8	7:29	5.2	1:37	0.3	2:26	0.3	6:30	5:44	
2	Fri	7:37	5.8	8:33	5.1	2:25	0.4	3:25	0.5	6:28	5:45	
3	Sat	8:40	5.6	9:39	4.9	3:20	0.6	4:27	0.6	6:27	5:46	
4	Sun	9:51	5.5	10:44	4.9	4:22	0.7	5:30	0.6	6:25	5:47	
5	Mon	11:02	5.4	11:48	5.0	5:27	0.8	6:32	0.6	6:23	5:49	
6	Tue			12:10	5.4	6:31	0.7	7:30	0.4	6:22	5:50	
7	Wed	12:48	5.2	1:12	5.5	7:32	0.6	8:25	0.3	6:20	5:51	
8	Thu	1:44	5.4	2:06	5.6	8:30	0.4	9:15	0.1	6:18	5:52	
9	Fri	2:35	5.6	2:55	5.7	9:22	0.3	10:02	0.0	6:17	5:53	
10	Sat	3:21	5.8	3:39	5.7	10:11	0.2	10:44	0.1	6:15	5:55	
11	Sun	4:05	5.9	4:21	5.6	10:57	0.3	11:24	0.2	6:13	5:56	
12	Mon	4:46	5.9	5:03	5.5	11:41	0.4			6:12	5:57	
13	Tue	5:26	5.9	5:45	5.3	12:01	0.4	12:23	0.6	6:10	5:58	
14	Wed	6:04	5.8	6:28	5.1	12:34	0.7	1:05	0.7	6:08	5:59	
15	Thu	6:40	5.7	7:14	5.0	1:05	0.9	1:47	0.9	6:06	6:01	
16	Fri	7:11	5.7	8:02	4.8	1:32	1.1	2:31	1.1	6:05	6:02	
17	Sat	7:35	5.6	8:53	4.6	1:59	1.2	3:19	1.2	6:03	6:03	
18	Sun	8:06	5.6	9:48	4.6	2:36	1.3	4:12	1.3	6:01	6:04	
19	Mon	8:53	5.5	10:45	4.5	3:27	1.5	5:10	1.4	5:59	6:05	
20	Tue	10:01	5.4	11:43	4.6	4:35	1.6	6:09	1.4	5:58	6:06	
21	Wed	11:29	5.3			5:50	1.5	7:05	1.2	5:56	6:08	
22	Thu	12:36	4.8	12:35	5.4	7:00	1.4	7:57	1.1	5:54	6:09	
23	Fri	1:25	5.1	1:29	5.6	8:02	1.2	8:46	0.9	5:52	6:10	
24	Sat	2:09	5.4	2:17	5.7	8:58	0.9	9:32	0.7	5:51	6:11	
25	Sun	2:49	5.8	3:02	5.8	9:52	0.6	10:16	0.6	5:49	6:12	
26	Mon	3:27	6.1	3:46	5.9	10:43	0.5	10:59	0.6	5:47	6:13	
27	Tue	4:04	6.3	4:32	5.8	11:34	0.4	11:42	0.6	5:45	6:14	
28	Wed	4:43	6.4	5:22	5.7			12:25	0.4	5:44	6:16	
29	Thu	5:27	6.4	6:18	5.5	12:27	0.7	1:18	0.5	5:42	6:17	
30	Fri	6:18	6.3	7:20	5.4	1:14	0.8	2:13	0.6	5:40	6:18	
31	Sat	7:18	6.1	8:24	5.3	2:06	0.9	3:11	0.7	5:38	6:19	